



# SPICE



## PUNISHABLE UNDER THE UNIFORM CODE OF MILITARY JUSTICE

In June, Air Force officials expanded regulations covering alcohol and drug abuse prevention and treatment. Lt. Col. Elizabeth L. Schuchs-Gopaul, a judge advocate with the Air Force Judge Advocate General Action Group, recently explained that the guidance specifically

named the designer drug salvia divinorum, known as spice, inhalants, household chemicals, solvents and prescription drugs. Knowingly using or abusing these substances is punishable under the Uniform Code of Military Justice. Punishments can include dishonorable discharge, confinement for two years and the total forfeiture of all pay and allowances, the colonel said. Enlisted members could also face a reduction to the lowest enlisted grade.

A Wilford Hall Medical Center orthopedic surgeon gave it eight "tris" before he won the Armed Forces Triathlon Championship.

Capt. James Bales' win also ended the Navy's streak of seven straight years at the top.

Even before earning the gold, Captain Bales had something to celebrate. He graduated from a five-year residency program at Lackland Air Force Base, Texas.

"Immediately following the graduation, I got on a plane to California and arrived at the race site around 9:30 p.m.," he said. "My wife laughed, she said, 'In 24 hours you graduated

from residency and won the Armed Forces Triathlon Championship."

As the military's fastest triathlete, Captain Bales is planning a season of training and racing under the World Class Athlete Program, designed to prepare elite athletes for the Olympic stage.

His will spend much of the next two years training in Colorado Springs, Colo., and racing in Pan-American events to earn qualifying points for the U.S. Olympic Trials.

Until the training starts, the doctor must focus on his next challenge: passing the orthopedic board exams.

TRIATHLON

# EIGHTH TRI A CHARM

CHAMPIONSHIP

